



THE HARVESTER

SPRING 2011

3435 Ramsayville Rd. Gloucester, ON K1G 3N2

A newsletter for Ottawa Carleton households, donors, sponsors, supporters, alumnae and friends of Harvest House.

Parliamentary Fitness Initiative Invites Harvest House to Share Message of Inspiration to Federal Members of Parliament by Gary Wand

Following a very successful 2008 Marathon Training Program at Harvest House under the coaching of Phil Marsh, Regional Manager of the Ottawa Running Room, Gary Wand, Associate Program Director, was invited to share his personal story of addiction at the House of Commons on March 8, 2011, and how endurance running had played an important role in his recovery from 15 years of drug abuse. Guests included MP Stockwell Day and his wife Dell, MP Kirsty Duncan, MP John Weston, Phil Marsh, and Pierre Lafontaine, the National Swimming Coach for Canada.



The other guest speaker, was Jason Dunkerley, current 800 metre world champion and three time Paralympic track medalist who is chasing records in pursuit of capturing Paralympic gold for Canada at a fourth Games. Along with his two younger brothers, Jason grew up with a congenital eye condition called Leber's Almorosis through which they could see only a tiny amount of light. In high school, Jason took up running and was encouraged to stick with it by a number of teachers and guide runners who would run alongside Jason stayed on track. Jason believes having this supportive environment is what led him to continue with running into university

The 2010 Fitness Initiative is MP John Weston's challenge to fellow Members of Parliament and Senators to take steps to influence all Canadians to live healthier lifestyles. Weston, along with other MP's and coaches, encouraged colleagues to spend twenty minutes and ten seconds, twice weekly walking, swimming, running, cycling or swimming.



Gary focused his message on the importance of having positive role models, setting goals and keeping commitments. Based on these principles, the Running Program resulted in all 8 runners successfully completing the ING Marathon in Ottawa on May 26, 2008. Stockwell Day was applauded for his athletic abilities and commitment to endurance running by acknowledging his 3:34 Boston Marathon time at age 58. Phil Marsh was also acknowledged for his passion for coaching runners and for making the Running Program at Harvest House a monumental success through his generous commitment of time and personal training.



3rd Annual Redemption Run
at HARVEST HOUSE
**SATURDAY
JUNE 4**
2011, 8:30 A.M.
REGISTER NOW: www.runningroom.com

The Mission of Harvest House

The mission of Harvest House Ministries is to rehabilitate young men who are chemically dependent, to instill in them self-discipline, and to reintegrate them into society.

CHANGING LIVES
GIVING HOPE



The Harvester is published by:

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Upcoming Harvest House *Events*

The 3rd Annual Redemption Run will take place on **Saturday, June 4th** at Harvest House. For more info and to register go to www.runningroom.com

The 2nd Annual Jill Ferne Golf Tournament will take place on **Wednesday, July 6** at Manderley on the Green. Details and registration info is available on our website at www.harvesthouse.org

The 24th Annual Recovery Cup Softball Tournament will take place on **Saturday, August 27** at Centennial Park in Manotick. Information is available on our website at www.harvesthouse.org and tickets will be on sale soon!

The 20th Annual Beat Beethoven Run will take place on **Saturday, October 30** and will start downtown at the War Museum. For more information and to register go to www.runningroom.com

Proceeds from all events will go to benefit the programs of Harvest House. Mark Your Calendars!

Stay up to date on all Harvest House news and events via email.

Send an email to hh26@harvesthouse.org and include your name and email and we will make sure you stay connected!

Where to Find Us on the Web!

All about Harvest House
www.harvesthouse.org



Become a fan of Harvest House on Facebook at
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Staff Training at Harvest House by Charles Leduc

As the acrimony of winter starts to melt away and the emergence of new life begins to bud, Harvest House is also springing up with a fresh program for their residents. During the winter season, staff members Steven Cracknell and Charles Leduc began their education and training to become Certified Anger Management Facilitators (CAMF) with the goal of launching a powerfully effective anger management program for the residents at Harvest House.

Sparked by an increasing demand from our judicial system, Harvest House has responded to the need for each resident to undergo a comprehensive 12-week anger management program as well as ongoing follow-up group therapy for the graduates of each session.

Based on the Anderson & Anderson model, the Harvest House Anger Management Program will aim to target the specific needs of their residents and both facilitators will rely heavily on the residential aspect of the program to monitor each client's progress.



Harvest House staff members Charles Leduc and Steve Cracknell receive their certificates.

We are very excited to begin this new endeavor that will further help our men in their recovery!
We congratulate both Steve and Charles for their initiative and success.

Investors Group and Harvest House

Harvest House is excited about its partnership with Investors Group. Todd Morin is the Regional Director with Investors Group, Nepean and last year he participated as a runner in our 2nd Annual Redemption Run. Since that day last June, Todd and Investors Group has become a great supporter of Harvest House through a generous sponsorship donation for several of our upcoming fundraising events which include the Redemption Run, Golf Tournament, Recovery Cup Softball Tournament and the Beat Beethoven Run in October



Investors Group Regional Director, Todd Morin, CFP presents Harvest House Executive Director Nicole Plaschy with a \$5,000.00 sponsorship cheque.

It is the support of businesses like Investors Group that aid in the sustainability of programs at Harvest House and the sponsorship that they provide will have a lasting impact on the rehabilitation of the young men and allow it to plan for the future of these programs.

Harvest House receives a generous donation from the Ottawa based Stairwell Carollers!

The Stairwell Carollers are an a cappella Ottawa choir, who sing sacred and secular renaissance music, as well as settings of traditional and new Christmas carols.

Winners of the 2010 OMFA provincial competition, this non-profit group has raised over \$41,000 for local Ottawa/Gatineau charities, through the sale of concert tickets, CDs and cookbooks. They are ranked amongst the best of Ottawa choirs.

Harvest House is honoured to be one of the Stairwell Caroller's charity recipients this past holiday season and was grateful to receive a \$2,000.00 donation.



Stairwell Carollers perform at a local church.

For more information on this group please visit their website at www.stairwellcarollers.com

Harvest House Honours its Graduates! by Laurel E. Anderson



After many months of learning, studying and hard work, November 18 marked the date to honour and celebrate the accomplishments of the 20 most recent Harvest House GED (General Equivalency Diploma) graduates.



Pierre speaks at the GED graduation ceremony.

What it's all About

Today more than ever, education is so important to one's success in life both emotionally and career-wise and this is no different for the young men that come to Harvest House. In order to build a life after rehab, our residents often require certain qualifications and the most basic of these is the GED, otherwise known as the High School Equivalency. Harvest House offers our residents a 12-week program that prepares them to write their GED exams. The GED exam measures educational maturity gained through experience and informal learning, allowing adults who have not finished high school to show what they have learned through life experience.



Once again Max offers his tie for charity as Executive Director Nicole Plaschy looks on.

A lot of the men that come to Harvest House seeking treatment have not completed high school. Harvest House saw the need to offer this opportunity to the residents and with the help of companies like Investors Group, individual donors in the community and grant organizations that see the need and worthiness of this program, the Harvest House GED program was born.



Ottawa lawyer and graduation speaker Sean May with GED teacher Jill Ferne and Max Keeping congratulate graduate Jimmy Bonney.

Our Volunteer Teachers

Key to the success of this program has been the teachers. The GED teachers at Harvest House are all volunteers with the gift of teaching. They are Jill Ferne, Tony Kiar, Alf and Krista Kaiser and Andre Lamonde and the knowledge and leadership they share with the students is invaluable and one of the main reasons the young men succeed in the program. They have empathy and patience and know how to breakdown a math problem with grace as well as being able to lead a student through the hills of the English language!



Max Keeping addresses the crowd.



Harvest House graduate Steve Cracknell accepts his diploma from Sean May.

Who Attended

Those in attendance to celebrate the achievements of these young men included Ann Hill of Investors Group, Max Keeping, Ottawa's Community Ambassador, Ottawa lawyer Sean May and Conservative MP Pierre Poilievre. As well, many residents from the community who support Harvest House attended the ceremony, enjoying the diploma ceremony, speeches and light refreshments. Harvest House founder Bill Main was also present along with Executive Director Nicole Plaschy who mingled with guests and spoke at the ceremony.

What Was Said

"Thank you sooooo much for the invite to Harvest House. I can't tell you how proud we are of Jimmy and all the guys who graduated. We felt privileged indeed to be a part of the celebrations. We loved talking with Miles and hearing his determination to succeed as well. I can't help but think that they have all been to a place in their lives that we can't really imagine, no matter how many stories that we hear. Only God could reach, or even find the heart of these precious men. Society, along with the drugs and alcohol etc had knocked nearly all of it out of them."
Quote from graduation ceremony attendee and HH supporter.

"A great event. A proud moment for these young men and their families." HH guest

Since the GED program started at Harvest House, 102 men have participated and we are just shy of 50 graduates! The program continues to strengthen with the support of the community and for that we are grateful.



A proud sponsor of the GED program at Harvest House

Many, Many Thanks

So much of what makes Harvest House a better place come directly from the community both through our donors, corporate sponsors and local businesses. Harvest House receives various 'gift in kind' donations throughout the year that ensure that the needs of the young men are met and for that we offer a HUGE Thank YOU!

Some of our regular business donations come from:



19th Annual Beat Beethoven Run

by Laurel E. Anderson Photo Credits: Michael Taylor

If you listened closely just before the race starter went off, you could hear Beethoven playing in the background. A unique feature of this race like no other!



Runners warm up in anticipation of race start time.

The Beat Beethoven Run is unique in that sport and music is combined in one event, making for a fun and festive event. As runners await the start gun, Beethoven's music is queued up and coordinated to start at the same time as the race with the goal being for the runners to make it back to the finish line before the music finishes (about 50 minutes). In Ottawa the race is run along a scenic route that starts downtown at the War Museum and follows through many paths along the parkway and back.



And they're off!

This past October saw another successful race day for runners and organizers alike apart from what seems to have become a yearly tradition of rain on race morning! The 4, 8 and 21 km races all had great turnouts and all ages were represented with one racer at 7 years old and some in the 65 year plus range.



Harvest House runners post race.

Harvest House would like to thank all of the race sponsors, the runners, volunteers, staff and Phil Marsh, Running Room Ottawa for helping make Beat Beethoven a success once again!



A sea of runners waiting to go!

The Beat Beethoven is a concept race that runs in many cities across North America including places like Anchorage, New Mexico, Victoria and Ottawa.



Beat Beethoven is a popular race! Even Elvis showed up to run.

Mark your calendars for the 20th Annual Beat Beethoven Race to be held on Saturday, October 29. For more information and to register go to www.runningroom.ca

All proceeds go to benefit the programs of Harvest House.

Keep up the good work!

"Happy Spring! I hope you are doing well. I wanted to touch base to let you know that the fruit and veggie distribution is going great and we are serving 50-90 people every Friday! As we approach the one year anniversary of the launch of this program, I will try and get my staff to compile all the data and some of the amazing stories that have surfaced. It has truly been an amazing gift and necessary program for our community. We cannot say thank you enough.

On a personal note, I wanted to let you know that I got a call from one of the residents this week who told me his story and then asked if I wanted to purchase some cards. I love the cards so of course I said yes. He very professionally and appropriately convinced me to buy the \$120 package with the box. I just wanted to say that I love the card campaign and the box is beautiful. Please let the guys know they are doing a great job and that many residents out here do believe that it is possible to overcome addictions and life challenges!"

"Keep up the good work!"



Kelli Tonner
Manager

Community Services, Better Beginnings,
Better Futures and Early Years
South-East Ottawa Community Health Centre
and Options Bytown

Harvest House in the Community

Part of Harvest House's philosophy is to give back to the very community that supports it. This is done in several ways and allows the residents of the program to grow in the area of skill development, to earn volunteer hours and to reciprocate by giving back to the very community that supports the programs of Harvest House.



Harvest House residents volunteer at many events in and around the city including; local fairs, the Ottawa 67's, the Jazz Festival, Bon Appetit, H.O.P.E. and more. The young men love to share their stories of recovery while in the community at events and when volunteering and invite you to approach them when you see them.

YES! I am interested in supporting Harvest House through easy Monthly Giving!

Your participation in our Monthly Giving Program will have a substantial impact on our program.

I wish to pledge \$ _____ per month beginning in the month of _____ (all debits occur on 15th of the month)

*Tax Receipts for monthly gifts
will be issued at the end of the year.*

*Please make your cheque payable to Harvest House Ministries
and enclose this card to ensure delivery of your tax receipt for
donations of \$10 or more. Charitable Reg No. 132517269R0001*

I authorize Harvest House Ministries to debit my:

Bank Account (enclose void cheque)

Visa Mastercard Amex

Credit Card No. _____ Expiry: _____

Signature : _____ Date: _____



Thank You Bon Appetit!

Bon Appetit designated Harvest House as one of its beneficiaries again this year. Bon Appetit is a local organization that holds a food and drink fundraiser every year, benefiting local charities and organizations. The chosen charities provide volunteers to help with the event and share in the success of it through a donation made to their organization. Harvest House is continually grateful to the support that Bon Appetit provides to their programs.

This food and wine show features over 90 restaurants and caterers and dozens of wineries and breweries. Over 2000 people enjoy the delicious creations of the region's top chefs and samplings of renowned wineries served up in the beautiful and historic setting of the Aberdeen Pavilion. For more information: 613-231-5651 or info@bonappetitottawa.ca



Harvest House Named Finalist for Second Year Running at Business Awards

Two years in a row now Harvest House has been nominated for an Ottawa Business Achievement Award in the Non Profit Organization category, hosted by the Ottawa Chamber of Commerce.

This is a strong recognition for nominated organizations, finalists and winners. Harvest House is proud to be included in this group of peers and other organizations. Both the nomination and awards night offers positive exposure to Harvest House and allows us to share our mission, what we do and how it impacts our community in a positive way.



The Ottawa Chamber of Commerce is the oldest and largest independent, most influential, not-for-profit business organization in the region. Since its founding in 1857, the Chamber (formerly the Ottawa Board of Trade) has been committed to our not only our Members growth and prosperity but to the well-being of the community at large.

YES!

I want to make a difference in my community!

Your investment goes a long way towards saving lives !

\$30 \$50 \$75 \$100 \$250

Mailing Address for Tax Receipt:

*If any of your information has changed or you are not the person listed on this card, please update that information here.

Name: _____

Address: _____

PAC _____ Phone No _____

I prefer to contribute \$ _____

Cheque/Money Order

Visa Mastercard Amex

Credit Card No. _____

Expiry _____

Signature _____

I have made a gift to HH in my will.

I would like more information about making a gift to Harvest House in my will.

